



Baby Talk: Resources to Support the People Who Work with Infants and Toddlers

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5 Scientifically Proven Steps for Thriving Infant Development

A new study has shaken up our understanding of early childhood development. They found that a simple set of five factors, called Thrive 5, when present in an infant's first year, sets them up for a lifetime of healthy development and success. Read more about the importance of nutrition, stimulation, safety, positive caregiving, and regular sleep at <https://www.earth.com/news/five-scientifically-proven-steps-for-thriving-infant-development/>

How Early Do Infants Understand Humor?

Studies have shown that babies begin to understand humor and absurd events at as early as three to five months of age. When researchers rolled up foam balls and placed them on their noses, infants laughed. Interested? Go to <https://www.psychologytoday.com/intl/blog/smart-families/202402/how-early-do-infants-understand-humor>

Touch and See: Unlocking Early Self-Recognition in Toddlers

A new study reveals the role of touch in early self-recognition among toddlers. By using vibrating discs to encourage babies to touch their faces, researchers found these children developed self-awareness earlier than their peers. Learn more at <https://neurosciencenews.com/toddler-self-recognition-25755/>

Brain Control in Infancy Linked to Cognitive Ability in Toddlers

In a new study, Yale researchers offer a look into how infants' brains work and change over time, and how these processes can be disrupted by preterm birth. The findings, the researchers say, could point to treatments that correct developmental trajectories that go awry in neurodevelopmental disorders. Learn more at <https://news.yale.edu/2023/10/16/cognitive-ability-toddlers-linked-degree-brain-control-infancy>

Inclusion of Infants and Toddlers with Disabilities

This suite of professional development resources is organized in topical chunks (e.g., Enhancing Staff's Comfort and Confidence), each of which has a facilitator's guide, video, and handouts. The components, all of which are in English and **Spanish**, may be used independently to convey a specific point, or sequentially as part of a longer professional development offering. Explore the options at <https://eclkc.ohs.acf.hhs.gov/children-disabilities/inclusion-children-disabilities-training-guide/including-infants-toddlers-disabilities>

Change Your Words; Change Your World: A Gumdrop

Enjoy this brief video that reminds us of the power of words. <https://www.youtube.com/watch?v=Hzgzim5m7oU>

Baby Talk is a free listserv that is distributed monthly. **Highlighted resources are in Spanish. Los recursos destacados están en español.** Past issues (2021-2023) are available at https://drive.google.com/drive/folders/1bzKeW05D_ENLn7FGFsMM-6INt4XDHars Baby Talk may be shared or copied. Email a request to **Camille Catlett** to subscribe or unsubscribe.